



MOOD WORKSHEET

DEFINITION OF MOOD: A somatic, linguistic mind-body phenomenon that filters our experience.

1. What top three moods do you find yourself in the majority of the time?

2. What do each of your three moodscapes feel like in your body? Tune into your sensations.

3. Moods shape our experience, filter our feelings & set us up for action. What action is possible for you in each of your predominant moods? What action is blocked in your daily life while you're in each of the three moods?

4. What moods would you like to experience more often? What practices could you take on to support that shift?